

## ABSTRACT OF THE DISCLOSURE

5 A foldable, air-resistance golf training includes an elongated flexible hub of rubber or similar material being stretchable between a rectangular configuration for transport and storage and a generally cylindrical, stretched configuration wrapping around a golf club shaft. The flexible hub in the cylindrical configuration has parallel, paddle-shaped vanes spaced around and extending radially outward from the hub along the substantial length thereof. The flexible hub assumes the rectangular folded configuration at rest with the vanes parallel to each other. The vanes are inserted into spaced, parallel retaining slots cut lengthwise through the outer surface of the hub, spaced between the parallel sides and extending inward toward the inner side of the hub. Extension paddles may be attached to the vanes to be rotated from a closed position and an open position extending outward and upward from the vane.